

Implementation of a Relaxation Room

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Background Information: With the ongoing COVID-19 pandemic, the field of nursing has continued to take on more responsibility with fewer resources. Due to the increase of personal and professional demands, nurses stress levels continue to rise, and job performance can be affected. In a high reliability organization, this puts nurses at risk for negative outcomes such as challenges with insufficient staffing, increased workload, pressure to continue to provide quality patient care, nurses feeling underappreciated, and high turnover rates. As nurse anxiety and stress increases, patient outcomes may suffer. The mental health of nurse providers directly impacts their ability to attend to patients (Forstag & Cuff, 2018). We wanted to support our staff in maintaining a healthy and positive work environment.

Objectives of Project:

- 1) To support staff in maintaining a healthy and positive work environment
- 2) To construct a relaxation room to support the health, self-care, and well-being of nursing staff
- 3) To improve nurses' satisfaction and stress reduction

Process of Implementation: A nursing leadership team wanted to decrease staff stress by promoting a more relaxing environment during staff breaks. A small room was re-designed to support the transformation of a relaxation room. The room is open all day for staff, and has a zero-gravity chair, soothing music, an essential oil diffuser, and a stress ball.

Statement of Successful Practice: Prior to entering the relaxation room for a secession, users were prompted to complete a single-item Likert-style measure of perceived stress. Upon completion of their visit users were prompted to again complete a measure of their perceived stress levels. The results of these survey showed that the utility of a low-cost relaxation room helped reduce the stress of staff that utilized the room. Almost all that utilized the room said they would recommend usage to a colleague.

Implications for Advancing the Practice of Perianesthesia Nursing: As we continue to be in the midst of a global healthcare crisis with unrepresented stress on nurses as a result of the coronavirus disease, it is imperative we use or develop new tools to assist nurses with dealing with the additional stress.